S7835-3-U

BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM REPORT UTAH, 1990

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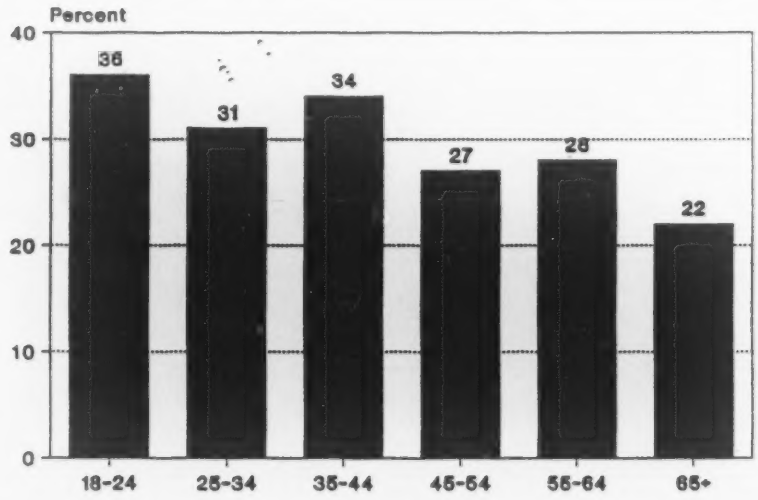
LACK OF SAFETY BELT USE*

- 30 percent of Utah's (336,000) adults continue to not use or sporadically use safety belts.
- Males were significantly more likely (p=.00) to report safety belt non-use than females (37% males, 25% females).
- The non-white population was significantly more likely (p=.02) to report safety belt non-use than the white population (41% non-white, 30% white).
- Age, marital status, education and income appear to be key factors in an individuals choice to use safety belts (see Figures 1-4).

Figure 1

SAFETY BELT NON-USE, BY AGE
UTAH, 1990



* Respondents reporting they "sometimes," "seldom" or "never" use seat belts.

Figure 2

SAFETY BELT NON-USE, BY MARITAL STATUS UTAH, 1990

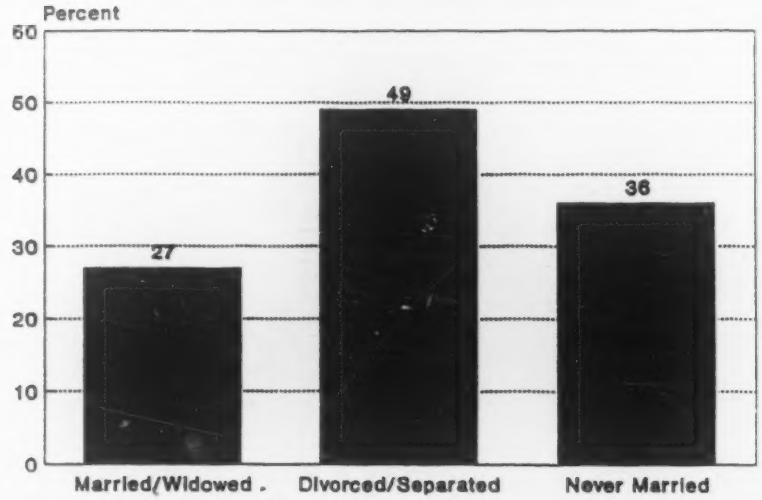


Figure 3

SAFETY BELT NON-USE, BY EDUCATION LEVEL UTAH, 1990

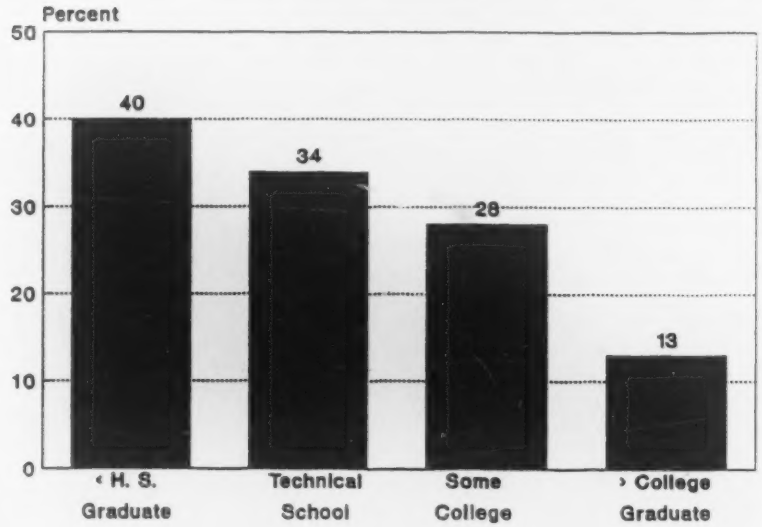
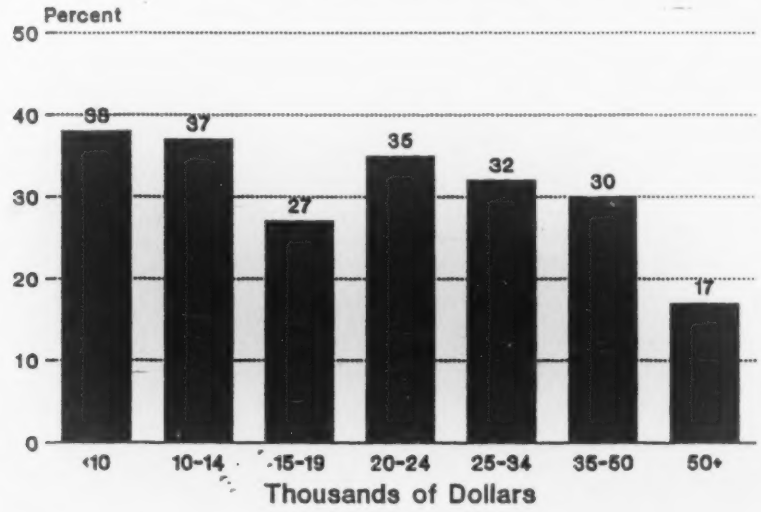


Figure 4

SAFETY BELT NON-USE, BY INCOME
UTAH, 1990

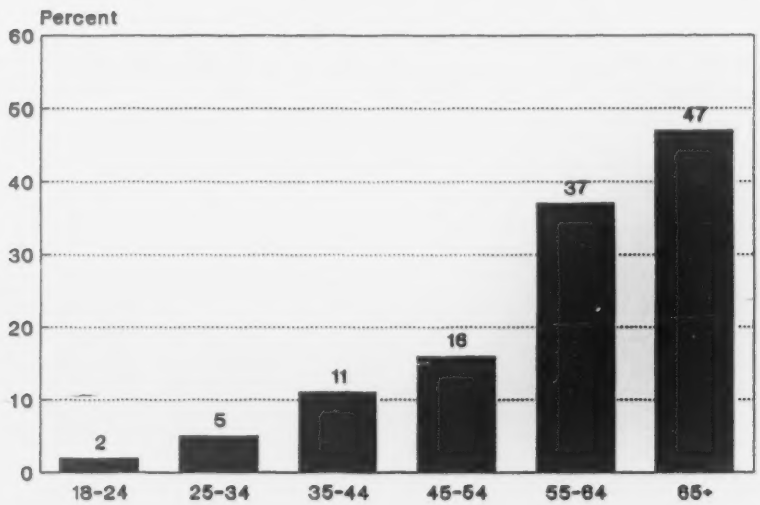


HYPERTENSION*

- 16 percent of adult Utahns (179,000) reported they have been told more than once they have high blood pressure or they were on medication to control their blood pressure.
- Females were significantly more likely (p=.02) to report hypertension than males (18% females, 14% males).
- A significant difference (p=.04) also appeared between whites and non-whites (16% white, 10% non-white reporting hypertension). However, part of this predictive factor may be explained by the fact that older persons are more likely to have had their blood pressure checked.
- As expected, age was a key predictor of a person's risk for hypertension (see Figure 5).
- 94 percent of those on medication to control their hypertension reported regularly taking the medication.

Figure 5

HYPERTENSION, BY AGE
UTAH, 1990



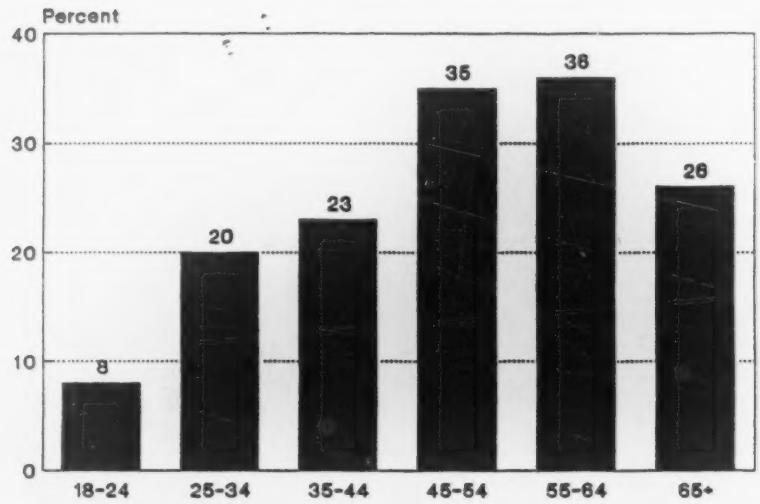
* Respondents who report they have been told their blood pressure is high more than once, or are on medication.

OVERWEIGHT*

- 23 percent of adult Utahns (257,500) reported being 120 percent or more of their ideal body weight (24% of females, 22% of males).
- There were no significant differences reported between genders or white/non-white.
- 15 percent of females reported weighing less than 90 percent of their ideal weight compared to 6 percent of males.
- Males were nearly twice as likely to be between 110 percent and 120 percent of ideal weight as females (28% vs. 15%).
- As expected, likelihood of overweight increased, then decreased with age (see Figure 6).

Figure 6

OVERWEIGHT, BY AGE
UTAH, 1990



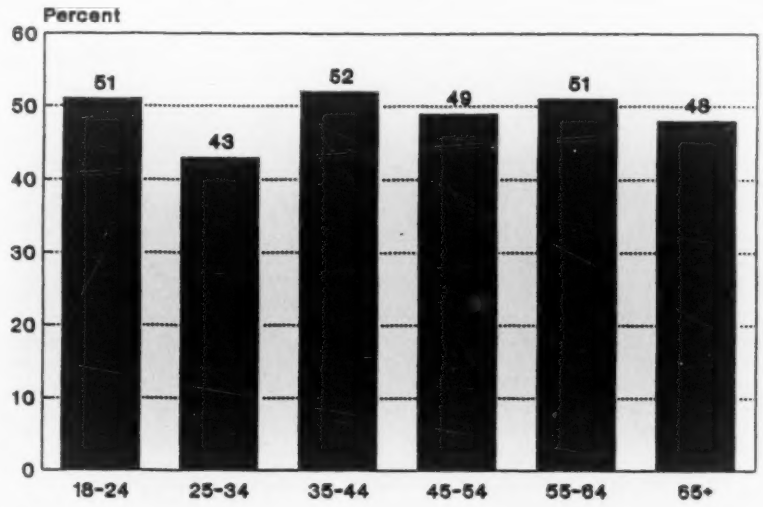
* Respondent at or above 120 percent of ideal weight. Ideal weight is defined as the mid-value of a medium frame person from the 1959 Metropolitan Height-Weight Tables.

SEDENTARY LIFESTYLE*

- 49 percent of adult Utahns (549,000) reported having a sedentary lifestyle.
- Though males were more likely to report sedentary lifestyle than females (49% vs. 48%) and non-whites more than whites (54% vs. 48%), the differences were not significant.
- The age group least likely to report a sedentary lifestyle was the 25-34 year olds (see Figure 7).
- Income and education appear to influence a person's physical activity level (see Figures 8 and 9).
- The most popular single physical activity of those who participated in physical activities was walking as reported by 36 percent of exercisers. The next most popular was running/jogging at 8 percent.

Figure 7

SEDENTARY LIFESTYLE, BY AGE
UTAH, 1990



* Respondents at sedentary or irregular activity levels.

Figure 8

SEDENTARY LIFESTYLE, BY INCOME
UTAH, 1990

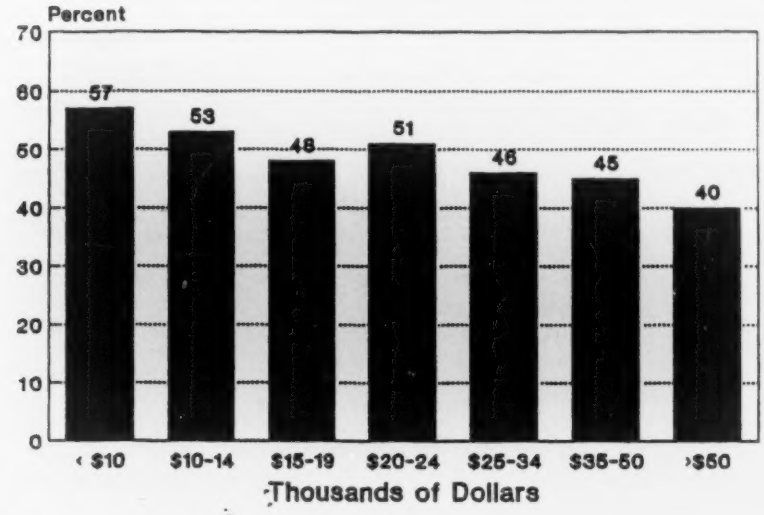
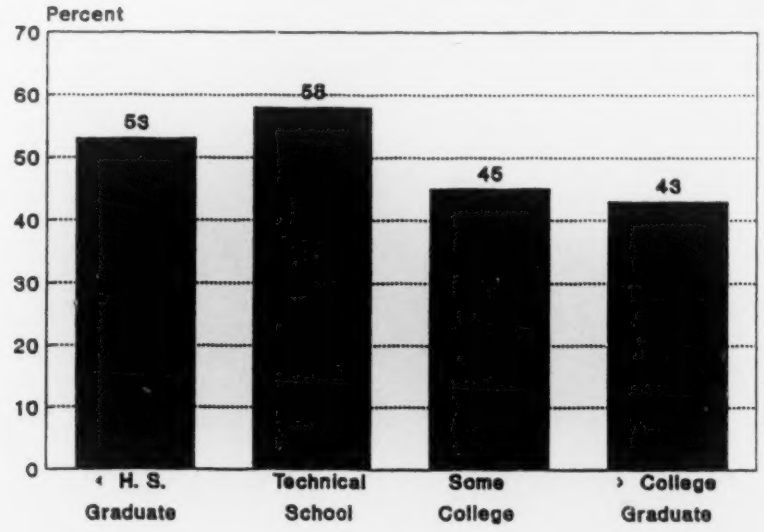


Figure 9

SEDENTARY LIFESTYLE, BY EDUCATION LEVEL
UTAH, 1990

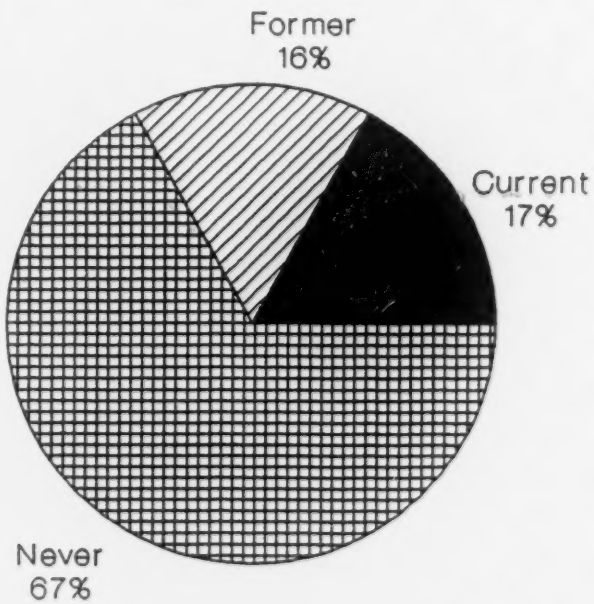


CIGARETTE SMOKING

- 17 percent of Utah's adults (190,000) reported current cigarette smoking, while a full two-thirds of Utah's adults have never smoked (see Figure 10).
- There were significant differences (p=.00) between males and females in the total population (males 20%, females 13%).
- Males were more likely to report current smoking than females for all age groups.
- The age groups with the lowest incidence of smoking were the oldest and the youngest (see Figure 11).
- Marital status and education appear to be strong predictors of current smoking (see Figures 12 and 13).
- Nearly twice as many males as females have ever been regular smokers (43% vs. 24%), however, 58 percent of those females continued to smoke compared to 47 percent of the males.
- 69 percent of the female smokers reported having made a serious attempt to quit smoking compared to 59 percent of the male smokers.
- 14 percent of those who had been regular smokers at one time but were not at the time of the survey had quit during the past year.
- 49 percent of Utah's adults that have been regular smokers have quit.

Figure 10

CIGARETTE SMOKING STATUS
UTAH, 1990



* Current regular smoker (ever smoked 100 cigarettes and smoke now).

Figure 11

CIGARETTE SMOKING, BY AGE
UTAH, 1990

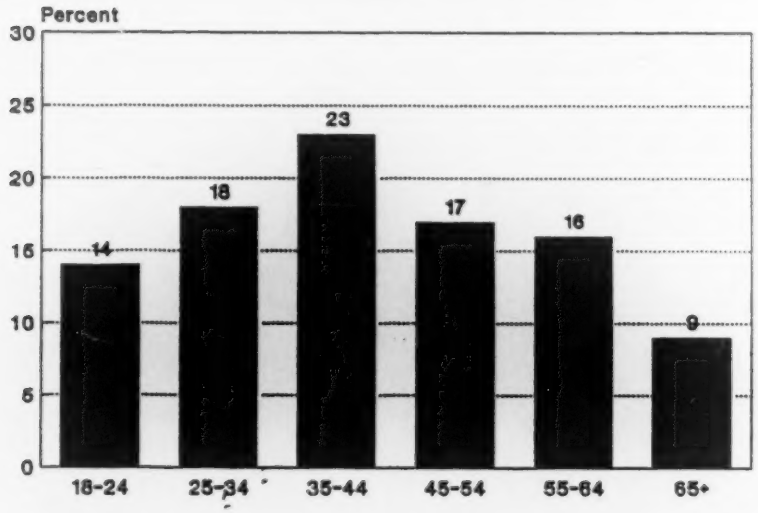


Figure 12

CIGARETTE SMOKING, BY MARITAL STATUS
UTAH, 1990

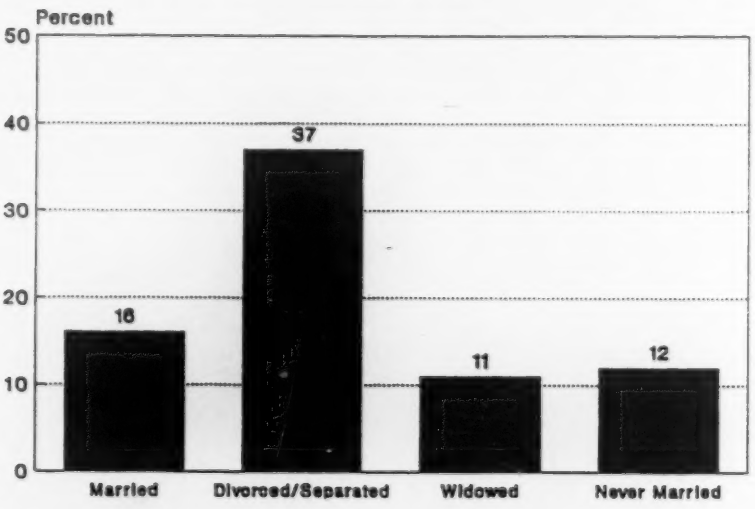
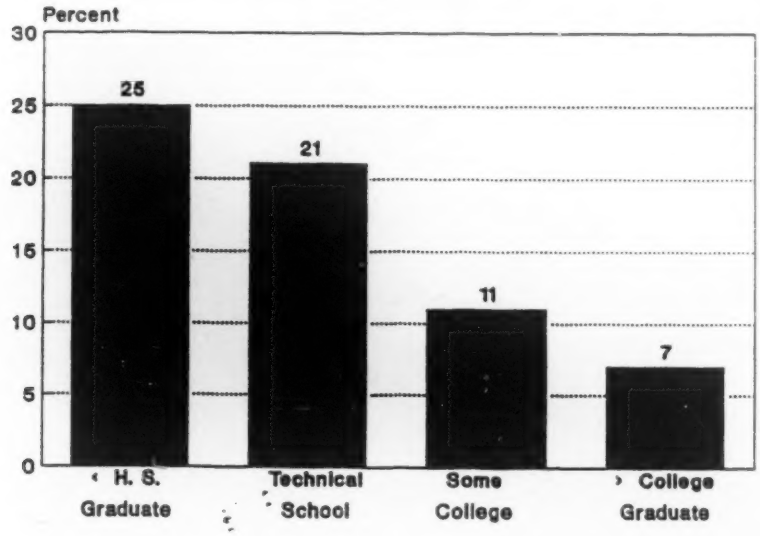


Figure 13

CIGARETTE SMOKING, BY EDUCATION LEVEL
UTAH, 1990

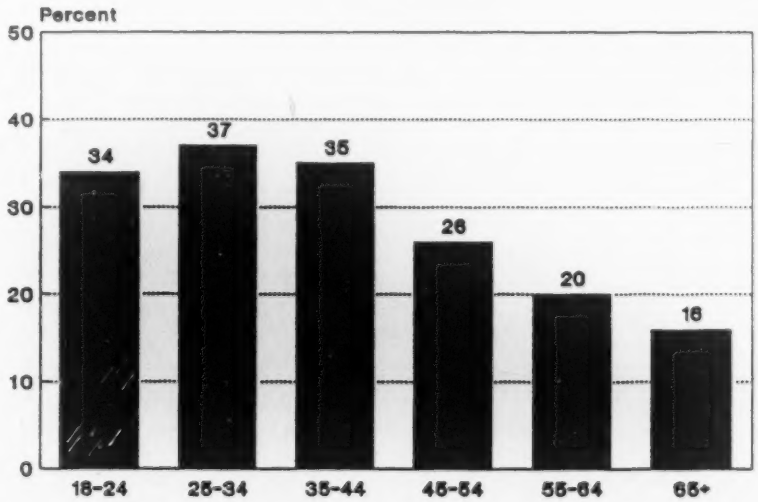


ALCOHOL CONSUMPTION*

- 30 percent of adult Utahns (336,000) reported consuming alcohol during the month prior to the survey.
- Males were more likely to consume alcohol than females (38% vs 23%).
- Alcohol consumption decreased rapidly after age 44 (see Figure 14).
- 10 percent of all adults (116,000) and 35 percent of drinkers reported binge* drinking at least once during the month prior to the survey.
- Males were significantly more likely (p=.00) to be binge drinkers than females (16% vs 5%).
- Binge drinking appears to be associated with age, marital status and educational level (see Figures 15-17).
- 2 percent of all adults (22,500) and 7 percent of all drinkers reported chronic* use of alcohol (see Figure 18).
- Males were significantly more likely (p=.00) to be chronic drinkers than females (4% vs .3%) and whites were significantly more likely (p=.01) to be chronic drinkers than non-whites (2.1% vs .4%).
- 1 percent of all adults and 5 percent of all drinkers reported at least one instance of driving* after drinking during the month prior to the survey. That represents approximately 11,200 intoxicated drivers during an average month.
- Males were significantly more likely (p=.01) to report drinking and driving than females (2% vs .5%).

Figure 14

ALCOHOL CONSUMERS, BY AGE GROUP UTAH, 1990



* Alcohol Consumption Definitions:
Binge Drinking - Respondents who report having five or more drinks on an occasion, one or more times in the past month.
Chronic Drinking - Respondents who reported an average of 60 or more alcoholic drinks per month.
Drinking and Driving - Respondents who reported having driven after "perhaps" having too much to drink, one or more times in the past month.

Figure 15

BINGE DRINKERS, BY AGE
UTAH, 1990

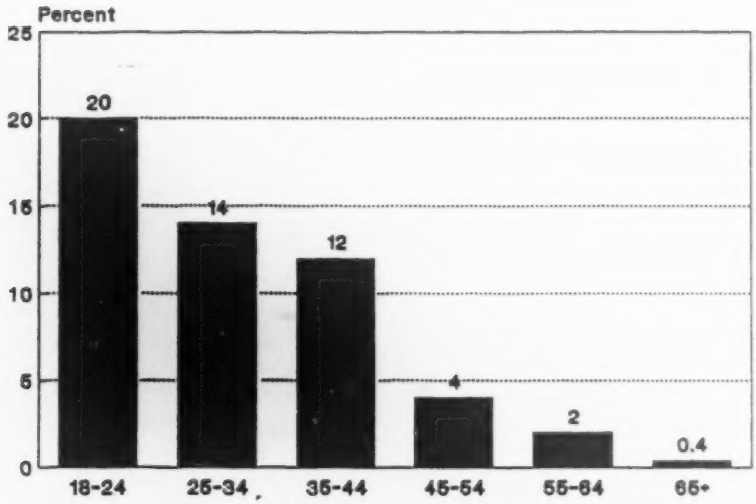


Figure 16

BINGE DRINKERS, BY MARITAL STATUS
UTAH, 1990

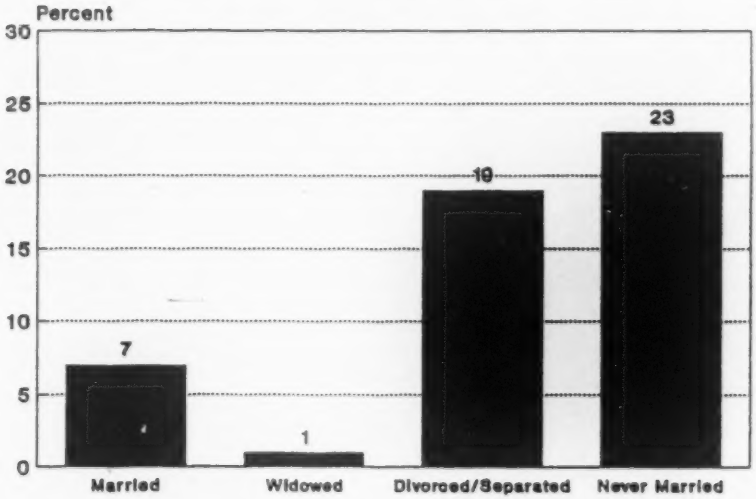


Figure 17

BINGE DRINKERS, BY EDUCATIONAL LEVEL UTAH, 1990

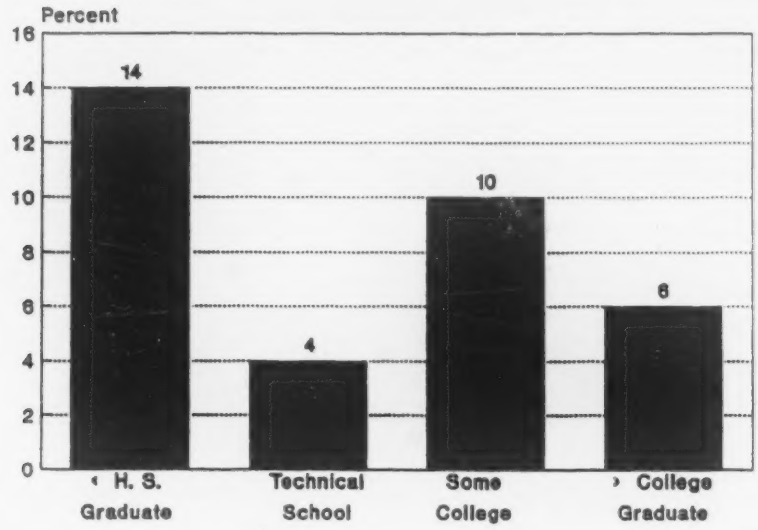
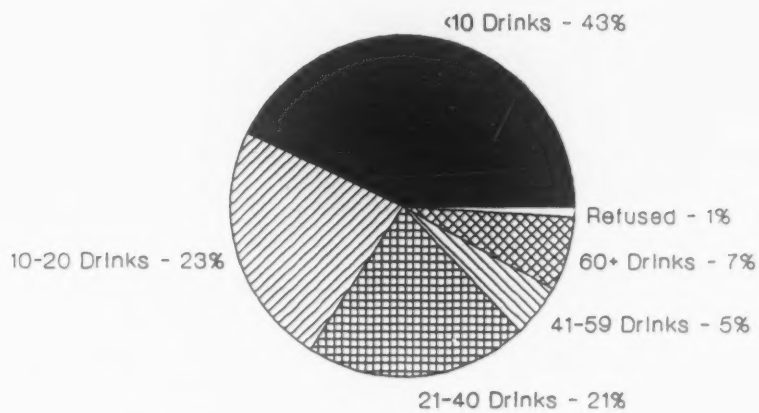


Figure 18

PERCENT OF DRINKERS, BY NUMBER OF DRINKS PER MONTH UTAH, 1990

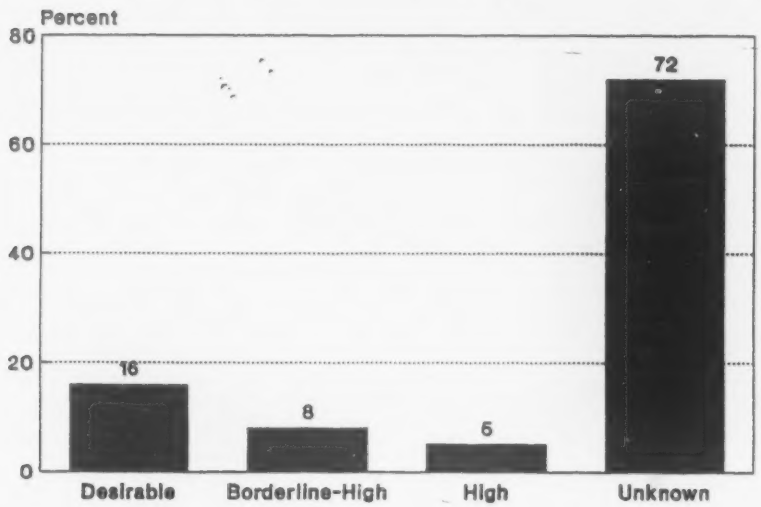


BLOOD CHOLESTEROL*

- 13 percent of adult Utahn's (146,000) reported a blood cholesterol level of 200 mg/dl or greater; 16 percent had a desirable cholesterol level, but 72 percent (806,000) did not know their cholesterol level (see Figure 19).
- 42 percent of adults had never had their blood cholesterol checked.
- 78 percent of those who reported having their cholesterol checked had it done in the last year.
- 26 percent of those who reported having their cholesterol checked reported they were told it was high.
- 17 percent report having been advised by their physician to reduce their blood cholesterol.

Figure 19

CHOLESTEROL LEVEL CLASSIFICATION
UTAH, 1990



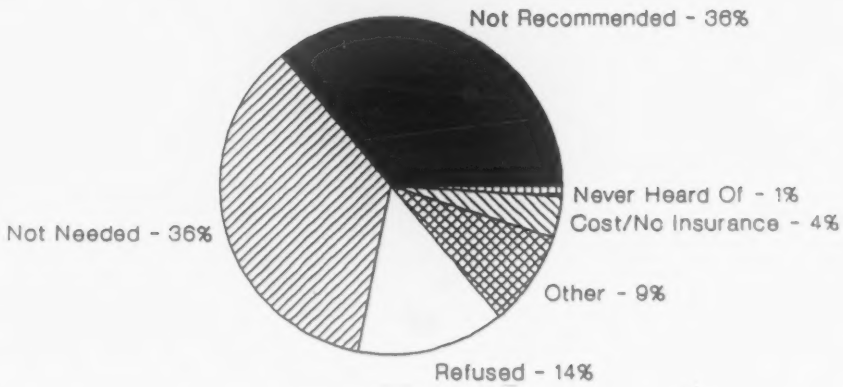
* Heart, Lung and Blood Institute definition of ≤200 mg/dl for desirable, 200-239 mg/dl for borderline-high, and ≥240 mg/dl for high.

MAMMOGRAPHY AND BREAST EXAM

- 41 percent of Utah's adult females reported receiving a mammogram sometime during their life.
- Of those who reported having received a mammogram:
  - 57 percent received in the past year;
  - 78 percent received as part of a routine checkup;
  - 20 percent received due to a breast problem (not including breast cancer).
- Cost did not appear to be a large factor to those individuals reporting never having a mammogram (see Figure 20).
- 91 percent of adult females reported having had a breast physical exam by a doctor or medical assistant (at least 95% of the females in all age groups except the 18-24 group which reported 70%).
- Of those who had ever had a breast physical exam:
  - 67 percent had within the past year;
  - 92 percent had as part of a routine checkup;
  - 7 percent had due to a breast problem (not breast cancer).

Figure 20

REASON FOR NEVER HAVING MAMMOGRAPHY
UTAH, 1990



- 32 percent of adult Utahns (358,000) stated they thought a person could get infected with the AIDS virus from giving blood. This misconception appears to be greatest in the younger and older age groups (see Figure 21).
- Of those with children in kindergarten through 8th grade, 83 percent said they would allow their child to be in the same classroom with another child infected with the AIDS virus.
- 48 percent of adults with children in school believed their child should begin AIDS education by third grade. Females were more likely to be in favor of beginning AIDS education at a younger grade than males (55% vs 40%).
- Only 34 percent (381,000) of adult Utahns stated they would eat in a restaurant where the cook was infected with the AIDS virus. Age appears to be a factor in this response (see Figure 22).
- 78 percent stated they were willing to work with a person infected with the AIDS virus. Age appears to be a factor in this response (see Figure 23).
- 27 percent believed using a condom was very effective in preventing the spread of the AIDS virus through sexual activity (see Figure 24).

Figure 21

PERCENT OF ADULTS WHO THINK THEY COULD GET INFECTED WITH AIDS FROM GIVING BLOOD, BY AGE UTAH, 1990

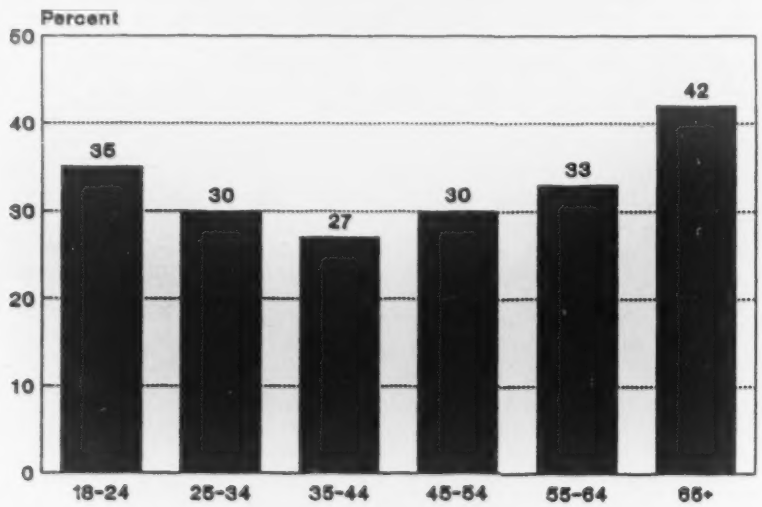


Figure 22

PERCENT OF ADULTS WHO WOULD EAT IN A RESTAURANT WHERE COOK IS INFECTED WITH AIDS, BY AGE UTAH, 1990

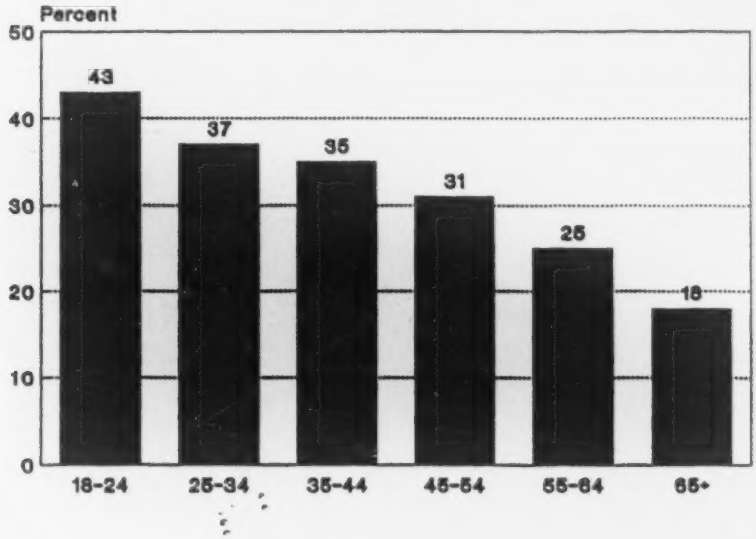


Figure 23

PERCENT OF ADULTS WILLING TO WORK WITH A PERSON INFECTED WITH AIDS, BY AGE UTAH, 1990

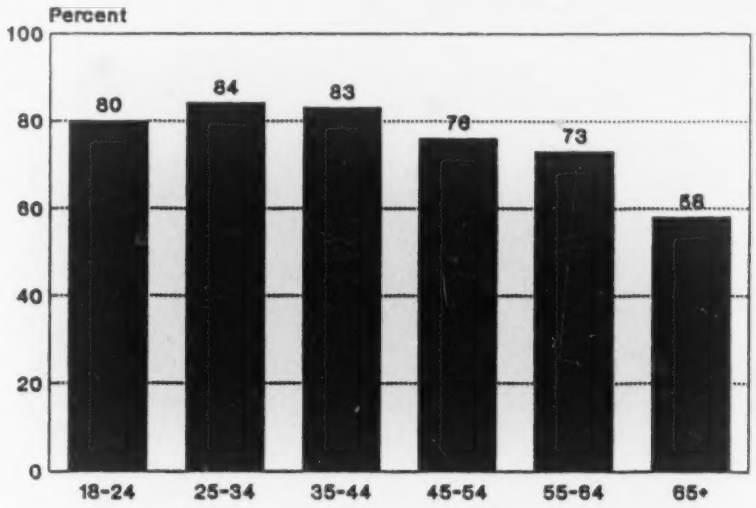


Figure 24

ADULT PERCEPTION OF CONDOM EFFECTIVENESS IN PREVENTING AIDS UTAH, 1990